

# *Hemi-Sync® for Helping Professionals Weekend Program*

*2009 Website Program Description*



A revolutionary approach to counseling and healing, Hemi-Sync can provide your clients with tools that help heal old wounds, soothe stressed emotions, cut through resistance and fears, and structurally change perceptions and beliefs in a way that is surprisingly rapid and compassionate. Based on decades of research, this simple technology—easy to learn and easy to apply—provides therapists and their clients with methods for real change, and in a time-frame pleasing to those who are required to offer “brief therapies.” Over 20,000 people have taken The Monroe Institute’s educational programs for personal use and countless professionals have applied this approach in their practices.

- Prerequisite: none
- Very reasonably priced at: **\$595** (includes meals, lodging, seminar activities, and local transportation)

## About Hemi-Sync® for Helping Professionals

This course will be taught offering Continuing Education Hours for counselors and massage therapists. We hope to be able to also offer credits for nurses and social workers; please check before registering.

This renewing weekend for you, the practitioner, also opens the door to a revolutionary approach to counseling and healing using Hemi-Sync®. Learn ways to provide your clients with tools that create profound relaxation, help heal old wounds, soothe stressed emotions, cut through resistance and fears, and structurally change perceptions and beliefs in a way that is surprisingly rapid and compassionate. Based on decades of research, this simple technology—easy to learn and easy to apply—provides therapists and their clients with methods for real change, and in a time-frame pleasing to those who are required to offer “brief therapies.” Over 20,000 people have taken Monroe Institute’s courses on Hemispheric Synchronization for personal use, and countless professionals have applied this approach in their practices. This basic introduction is finally being offered.

This course offers a two-day experiential approach to Hemi-Sync and the ways it can be applied in clinical settings to enhance clients’ ability to self-regulate, self-soothe, relax, enhance memory, improve concentration and focus, aid in relationship work, and more effectively solve many of the issues that come up in counseling. This course includes many hands-on techniques for using Hemi-Sync with clients, including the use of worksheets, writing exercises, relaxation exercises, guided imagery, and specific guided CDs. It also touches on the scientific background in an easy format, addressing the hemispheres of the brain, brain waves, the binaural beat, research history, clinical applications, and case studies. Additional worksheets are provided in the extensive handouts. It is designed to meet the many requests of Monroe course graduates.

Through powerpoint presentation, lecture, video, slides of color EEG brain-mapping imaging, review of research, your direct experience of the sound technologies, and practice of specific brain-balancing tools, you will receive an excellent overview of the vast unfolding world of hemispheric balancing. Fascinating researchers in psychology, medicine and education since the early 1970’s, this new technology is now being made available to helping professionals in a format simple to use and profound in effect. If you have experienced the efficacy of EMDR, another hemispheric balancing technique, you will have had a hint of what is possible when the full brain is engaged. The Hemi-Sync brain balancing sounds, because they are technologically precise, can take this work to another whole level.

Hemi-Sync sound technology has been used with remarkable results in a broad number of counseling and education settings, such as for Mood Disorders, Dissociative Identity Disorder, Substance Dependency, ADD and ADHD, Post Traumatic Stress Disorder, Autism and various other disabilities and developmental disorders, stress reduction, sleep disorders, and as an aid in recovery from surgery and a variety of physical disorders. You will learn five specific techniques to use with Hemi-Sync, but we encourage you to develop your own creative uses of the technology. With this basic introduction, you can immediately begin to use this adjunct to therapy safely and effectively in your practice.

### Learning Objectives:

- Learn 9 critical ways that therapy supported with whole brain functioning is more effective.
- Learn how Hemi-Sync can help clients solve problems, deal with stress, and quickly cut through fears in a way that feels comfortable and safe to them.
- Practice and apply 5 simple, powerful, therapeutic tools to use with Hemi-Sync
- Define the alpha, beta, theta and delta brain waves and how Hemi-Sync accesses these levels

- Describe the “binaural beat”, how it is created by the brain, and how it works to support optimal functioning in clients
- Explain research on hemispheric synchronization, including EEG brain mapping, and clinical uses of Hemi-Sync, and at least 6 clinical applications of Hemispheric Balancing.
- List a variety of counseling methods utilizing Hemispheric Synchronization Therapies

**Target Audience:** PhD psychologists, MA counselors, MS social workers, school psychologists, special education teachers, psychiatrists, scientists, researchers, those working in the field of rehabilitation, and any one else interested in learning about whole brain technology, mental/emotional/physical healing, and increasing human potential.

**Course fee:** See CE Calendar for all dates of courses and locations. \$596 when taught at Monroe Institute. All two day programs at the Monroe Institute begin on Friday with dinner at 6:00 pm, and end Sunday at noon. Cancellation policy can be found under Program Application online.

**Presenters:** Carolyn M. Ball, MA, LPC; Karen Malik, MA, LMFT

**Continuing Education Credits:** Certification for 14 CE credits for counselors from NBCC will be awarded upon completion of the course. In order to receive CE credits, you must attend all classes and complete all program exercises. Please ask about CE credits for other professions.